UNITY DAILY WORD

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Revealing to You
Your Health, Prosperity, *and* Happiness

December, 1929

"Becoming Health-Minded"

"Smiling *at* Life"

"God in You,
the Good *and* True"

A Page of Inspiration for Each Day

SILENT UNITY CLASS WORDS

November 20 to December 19

The word of the Lord is the light of my life.

My thoughts of Truth are forming the mind of Christ in me, and I am healed.

My thoughts of abundant Spirit substance are organized in my mind, and prosperity is made manifest in my affairs.

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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.
Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

Giving and Living

At this season of the year,
Full of joy and of good cheer,
Give a thought to giving.
Give your love, your joy, your peace;
Give your blessing; never cease;
On this life take a new lease;
Yes, give a thought to living!

SMILING AT LIFE

DO YOU KNOW those who smile at life? Have you questioned how they do it? Have you wanted to join their ranks?

How refreshing it is, after contacting one who believes that the world daily is growing worse, to find the person who rejoices to be alive! After seeing one who thinks that the world owes him a living, how delightful to find one who seeks to contribute generously to the world's happiness! Those who frown at life live in a consciousness that the persons, things, and events of life have power to make them unhappy. They feel that the world is upon their shoulders and that its woes are depressing them. Their philosophy of life is very simple: the world is all wrong.

Those who smile at life see mirrored in the world the smile of their own contented hearts. Is it any wonder that they smile? The light within them shines to the very circumference of their world and makes it one of joy and brightness. Those who smile at life can rightly do so because they have mastered life. It no longer has power to defeat and to crush them. It must dance at their bidding. It must sing its happiest song for them. It must yield its most coveted blessings.

Smiling at life may be resolved into a mental attitude that is sunny. Can you smile mentally? Mental smiling is very simple; it consists in merely entertaining sunny thoughts. You cannot do this mental smiling very long without having your countenance and whole life

wreathed in smiles. Your world will be alive with smiles and every one who comes to you will greet you with a smile.

"Of course," you may say, "if those who can smile so beautifully at life had my problems they would not be able to smile either." But, remember, those who smile at life have risen above the state of mind in which there are smiles for some occasions and frowns and tears for others. Just as God "maketh his sun to rise on the evil and the good, and sendeth rain on the just and the unjust," so must he who has learned to smile at life scatter his smiles without discrimination.

The little personal situations, those in which a person becomes alarmed or grieved over what another says or does, lose their gravity and importance when we enter the impersonal consciousness and cease to fight and to resist persons and affairs. We learn that others cannot harm us by what they think, say, or do. We even learn to smile at the things that otherwise might grieve us. There may be occasions when we must keep the smile invisible, but we can still keep smiling deep down within our hearts.

Think of a whole community where every one would smile. What better advertisement or slogan for a city than "the city of smiles"? In such a city, the death rate would be low. Business would be in an ideal state because good fellowship and coöperation would make it so. Such a city would become known far and wide as "a city of health and prosperity." Its popu-

lation would grow in a way not previously thought possible by home-town boosters. Persons would flock to this magical city just to live in an atmosphere of peace, joy, love, smiles, health, and plenty. What mighty things could be accomplished just by hearty and sincere smiling!

Formerly we thought of the countenance as the place where smiles originate, but now we know that this place is the heart. The heart symbolizes to us the very depths of consciousness. It is the heart that first must smile at life.

The person who has learned to smile aright never smiles at a time when or in a place where his smile would prove an irritation to others. His smile is always a smile of inspiration and healing. He may continue to smile at life and still be a messenger of good. Those who smile on the surface only often lose control of themselves because their smiling is superficial. Those who can smile at life have smiles that are anchored in the heart, smiles under the control of wisdom and judgment.

Laughing at life appeals to all of us. How life at times has seemed to be master over us! Now that the philosophy of optimism is understood, how insignificant seem those things that formerly suppressed our smiles.

When we smile at life, the world becomes transformed. We see it from a new angle because the optimistic viewpoint displays to us a world quite different from the old world that we knew. We find friends and opportunities every-

where. We see a smiling world, a world commensurate with our inner world of smiles. If the race had been taught that it must smile and love and be healthy just as it must eat, breathe, and sleep, we would have a race of people smiling and loving and joyous. As it is, the race must be reëducated and the doctrine of optimism must be given its important place in the philosophy of life.

If there is some little subtle thought lurking in your mind that keeps you unhappy, view it through the light of Spirit and of Truth and see how powerless it really is to make you unhappy. Think how ridiculous it is to harbor the memory of something that some one said or did and to let it make you distressed. What do you care about what another said or did ten minutes ago? Think of your so deifying another that you give his word or his act power to influence adversely your life and well-being! Is there any ignorance equal to this? Think of God's creating a man perfect but with the proviso that he lose his equilibrium when another man says "Boo!"

There is no better opportunity to demonstrate the power of a smile than that which presents itself today. If you would assure yourself of happiness tomorrow it must begin at this moment. If even the thought of smiling irritates you, smile at your irritation, but *do smile.* Preach the gospel of smiling. Be a messenger of optimism. Scatter sunshine.

GOD AND THE SOUL

God's Spirit falls on me as dew drops on a rose,
If I but like a rose my heart to Him unclose.
The soul wherein God dwells—what church can holier be?—
Becomes a walking tent of heavenly majesty.
Lo! in the silent night a child to God is born,
And all is brought again that e'er was lost or lorn.
Could thy soul, O man, become a silent night,
God would be born in thee, and set all things aright.
Ye know God but as Lord, hence Lord His name with ye,
I feel Him but as Love, and Love His name with me.
How far from here to heaven? Not very far, my friend,
A single hearty step will all thy journey end.
Though Christ a thousand times in Bethlehem be born,
If He's not born in thee, thy soul is all forlorn.
Hold, there! Where runnest thou? Know heaven is in thee.
Seekest thou for God elsewhere, His face thou'lt never see.
In all eternity, no tone can be so sweet,
As where man's heart with God in unison doth beat.

Whate'er thou lovest, man, that too become thou must:
God, if thou lovest God; dust, if thou lovest dust.
Ah! would the heart but be a manger for the birth,
God would once more become a child of earth.
Immeasurable is the Highest, who but knows it?
And yet a human heart can perfectly inclose it.

—*Translated from the German.*

PRAYER AND ANSWER

Pray for light—your light then see!
Pray for truth—then truthful be!
Pray for love—but love in turn!
Pray for life—live as you yearn!
Pray for joy—and joyful feel!
Pray for faith—and faith reveal!
Pray for all the good in mind!
In your prayer, the answer find!

BECOMING HEALTH-MINDED

ALMOST OVER NIGHT, it seems, we have become used to a new expression, "being air-minded." The expression explains so much in a few words and is so directly to the point that we have accepted it readily and have made it a part of our vocabulary.

When the art of flying was in its infancy, there were few people who were air-minded; there were but a few who grasped the almost astounding proposition of the possibility of flying in the air! Those who rose above doubt and perceived the truth about flying, filling their mind with thoughts of achievements in the air, living in a world in which flying engrossed their attention to a considerable extent, became air-minded.

How often we hear some one exclaim: "Oh, why didn't people learn to fly sooner than this? Why weren't great discoveries made a generation ago? Why didn't our forefathers enjoy all these advantages?" What other reply can be made to the question, "Why didn't people learn to fly before this?" than the simple answer, "Because they were not air-minded." A generation ago men were thinking of other things than flying in the air. Success in flying depended upon an age in which men would become almost obsessed with the idea; an age in which the possibility would become a reality; thus men would live in a world where flying was both belief and fact.

A generation ago there were no Wrights

and Lindberghs and Eckeners, because no one became air-minded to such an extent. The metaphysician may say, "No one perceived the reality of flying. No one got the consciousness of rising above the so-called claims of gravity." The air-minded person, then, is flying-conscious. He has more faith in flying than he has doubt in it. He lives in a world in which flying is possibility, belief, and reality!

Edison became the greatest inventor of the age because he became invention-minded, invention-conscious. His mind is like a receiving set erected high above the earth, extending into the heavens, attuned to new ideas. Thinking so steadily about electricity and kindred subjects, he enters into a mental world in which ideas about electricity and inventions are alive.

The young girl who becomes a talented musician is, first, music-minded, music-conscious. She seemingly lives apart from her associates and lives in a sphere wherein she is music-minded. Everything in her life contributes to her thought about music and to her talent. She may become a composer of exceptional rank if she be able to bring from the invisible world of harmony the music that she hears there.

Possibly, at this time, you are more interested in something other than flying, electricity, new inventions, and music. You may want health. You may wonder how certain persons whom you know demonstrate health through

studying Unity and the Bible. The purpose of this message is to show you how.

If you would be healthy, you first must become health-minded. You must give up every thought that you are bound to a world of disease. You must learn to soar above thoughts of disease, weakness, and pain. You must become health-conscious. The doctor and the nurse who move through wards of contagion do not become ill—because they are health-minded. They have an inner assurance of their own personal health that cannot be weakened or defeated by any belief in disease.

Why do those who study Christian healing become healthy? Is it not logical that the force of accumulated thoughts of health and strength —faith in the indwelling Christ—builds up a consciousness of health impregnable to disease? Could there be any better way to become health-conscious, health-minded, than through living mentally in a world of health? The person who would become health-minded must mentally perceive himself rising out of disease and living in a world of health. Health must become, not mere possibility and belief, but reality and truth. When health becomes a reality to the consciousness, the consciousness cannot accept disease as true. The person who becomes health-conscious naturally ceases to be disease-minded.

Carnally minded persons are those who live in the lusts, sensations, and diseases of material flesh. They may be almost obsessed with carnal

thoughts, disease thoughts, thoughts with a general trend toward one end—carnality. Spiritually minded persons live in a world free from carnal and disease thoughts, and exist in a world of life, love, and health.

"They that are after the flesh do mind the things of the flesh; but they that are after the Spirit, the things of the Spirit. For to be carnally minded *is* death; but to be spiritually minded *is* life and peace: Because the carnal mind *is* enmity against God: for it is not subject to the law of God, neither indeed can be. So then they that are in the flesh cannot please God. But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you."

Becoming health-minded is a matter of becoming mentally saturated with thoughts of health. The health-minded person naturally emerges right into a world of health. Thoughts of health, strength, love, and life are mighty forces that cause the thinker to be borne out of disease, fear, and death. Back of every constructive and healthy thought is the power of health, the power of Spirit, the power of the indwelling Christ.

Just as the flyer must turn out of his mind every belief in failure or fear, so must the health-minded person erase every thought about failing to demonstrate health. If you see some fellow student fail in his demonstration, do you accept his failure as your own? Does his failure prove the fallacy of the healing

principle? Then take a lesson from the flyer. He may see his best friend crash to the ground or he may almost have such an experience himself. Thoughts of failure and fear may rise up and seem to engulf him, but he must be true to the traditions of flying. He must fly! He must instantly prove to himself his power over thoughts of fear and failure. He must show himself in times of test and trial that he is courage-minded, success-minded. What a lesson for the student of Truth, the demonstrator of Christian healing, the person who would remain health-minded even in the face of seeming failures!

Why do students of Truth study so persistently, seek to live close to Spirit and to demonstrate the teachings of Christ? Because thoughts of Spirit alone can make them free from thoughts of disease, keep them strong in the consciousness of health—make them health-minded. Being health-minded results in physical health. The Truth student living in the rarefied air of Spirit is, indeed, air-minded. Like the flyer, he must prove to himself his own power to demonstrate Principle even in the face of adverse appearances. As a whole world is unconsciously tending to air-mindedness, so will the universe become health-conscious. The world will become true to Christ, true to Truth, and, incidentally, radiant with health.

SUNDAY, DECEMBER 1

Today's All-Inspiring Word: *Confusion and strife are now removed from my home life. The presence of Christ in my home is the presence of peace, love, harmony, understanding, and coöperation.*

THE HOME life reflects the mental attitude of those in the home. If inharmonious thoughts abide in their minds, then inharmony manifests. The home is but the outer expression of the composite mind back of the home.

An understanding of Truth is the solution to the many problems likely to arise in the home. Truth, with its message of freedom, love, and understanding, is a veritable chart and compass, directing the destinies of domestic life. In the home where Christ, Truth, is acknowledged as the head of the house, we find all members of the family working in harmony.

When the Spirit of truth is accepted as the Father-Mother principle, the divine parent, the power back of both father and mother, the relations of each member with other members of the household are sympathetic and pleasant and his home circle becomes infolded in the presence of infinite peace. Love and understanding then have peace and joy as their children, offspring of the Holy Spirit.

Obey your parents in the Lord: for this is right. Honor thy father and mother.—*Eph. 6:1, 2.*

MONDAY, DECEMBER 2

Today's All-Inspiring Word: *I give up every anxious thought and rest secure in the knowledge that in Spirit I am care free.*

ARE YOU anxious? Do you have the feeling of being uncertain as to what the day or the morrow will bring forth? Do you lack some sustaining power to stand back of you in times of trial? Then learn the Truth, and enter into the care free life of Spirit.

Anxious thoughts have never solved any problems. Anxiety on our part has never caused a relative or a friend to be inspired or helped. Only calm and trustful thoughts can prove a blessing.

Anxiety shows a disposition to doubt the working of Spirit. Two things cause anxiety: belief in a power that is opposite to God, and belief that God's help will be delayed.

Our knowing the truth that nothing can oppose the working of God and that His work is already done causes us to free ourselves from thoughts of anxiety. Since anxiety is based upon a state of mind in which trust is lacking, we can see that faith in God must be established in order to rid ourselves of anxiety. The light of Truth alone can make us care free, free from anxious thought.

Blessed be the Lord, who daily beareth our burden.—*Psalms 68:19.*

TUESDAY, DECEMBER 3

Today's All-Inspiring Word: *All doubt in God, the good, is removed from my consciousness. I have faith in God—supreme faith, demonstrable faith.*

THE MIND troubled by doubt must yield to faith. The doubtful person does not relate himself to God or to the blessings of God. He who doubts the working of Spirit must learn the lesson of demonstrable faith. He, too, will come to see his faith perform miracles.

Doubt can only be removed from consciousness when the mind is established in faith. There must be faith in God, faith in ourselves, faith in the power of good working through all men everywhere.

As we develop faith, we find that it increases until we come to the place where nothing seems to stand in the way of the exercise of faith. Eventually we shall recognize and acknowledge God in all our ways. We shall reach the height in consciousness whence we view God working in all things. We shall be unable to doubt Him or His prompt working, for He will become all-in-all to us. Our faith will have overcome all doubt and God will be acknowledged as all-power and all-good.

A faithful man shall abound with blessings. —*Prov. 28:20.*

WEDNESDAY, DECEMBER 4

Today's All-Inspiring Word: *Through the eyes of Spirit—my perfect vision—I behold myself and all things in spiritual perfection.*

THROUGH SPIRITUAL vision we rise above material appearances. We behold the true world of Spirit shining through that which appears as a world of limitation. We see back of the fog of evil and limitation and see the glory of God's spiritual world.

As we gain in the power to see spiritually, we find that our eyes become strengthened. This results from rising above all belief in clouded vision and from ceasing to strain the eyes.

A person should often practice seeing himself freed from imperfection. He should seek to see within himself the perfection of Spirit. He should look for this in others. He should so discipline himself that he is able to see naught but Spirit—the good, the true, the real.

This treatment for spiritual vision will prove to be a blessing for your eyes. You will find that you will develop clear and strong eyes just by turning your attention to them and realizing that in Spirit they are strong and perfect.

He looked stedfastly, and was restored, and saw all things clearly.—*Mark 8:25.*

THURSDAY, DECEMBER 5

Today's All-Inspiring Word: ***I am free from every bondage to belief in evil, hate, fear, and disease because in the freedom of Christ I find all good, love, courage, and health.***

THE MESSAGE of the Christ is one of freedom because it preaches liberation from the multitude of beliefs in evil to which man, in unregeneration, is heir. Jesus came preaching a doctrine of freedom.

Adverse belief shows itself in many forms, but freedom is of one kind only. The freedom which comes from knowing the Truth of Christ is sufficient to remove the appearance of any kind of error. The freedom offered by Jesus was universal in its application. Nothing could escape its work. Men could not be shackled to beliefs in disease and poverty when they realized their freedom. This message continues to operate as the voice of Jesus crying aloud in the wilderness of darkened beliefs. The Truth of Jesus, established as eternal Truth, will live forever. Men in all ages will turn to it and find peace, freedom, and happiness. They will find themselves free in the Spirit of Christ.

For freedom did Christ set us free: stand fast therefore, and be not entangled again in a yoke of bondage.—*Gal. 5:1.*

FRIDAY, DECEMBER 6

Today's All-Inspiring Word: ***Looking away from that which appears to lack the good, I behold the presence of God's eternal good, filling all space.***

THE QUESTION, "Whence comes evil?" is one that has disturbed many philosophers and many religious workers. The difficulty comes in accounting for evil and in failing to keep the thought focused upon the good.

In Truth we recognize God, the good, as the one presence and power. We do not try to account for evil or for anything that seems to be other than the allness of God. If man reaches an understanding of the allness of God through knowing the truth of the omnipresence of God, then he must come to an understanding that the existence of evil is but an appearance that comes from failing to know the truth about God.

Since evil disappears when we know the truth, we can readily see that evil is like an apparition that is manifest only to the mind that is in ignorance. We can see that when students of absolute metaphysics say, "There is no evil," they refer to the nonexistence of evil in the ideal and spiritual world of God, the good.

God saw everything that he had made, and, behold, it was very good.—*Gen. 1:31.*

SATURDAY, DECEMBER 7

Today's All-Inspiring Word: *In the knowledge that in Spirit there is no condemnation, I no longer condemn myself or others.*

WHEN WE condemn ourselves we lose our spiritual vision. We lower our vision when we think of man as subject to criticism. We think that we are things that can be condemned but, in Truth, we are sons of God and we are above all condemnation. What a vision!

Are you condemning yourself for something that you said or did yesterday? Are you criticizing yourself for something that you failed to do?

Knowing the truth of man's innate perfection in God, we free ourselves from the habit of criticizing ourselves or others. Instead of taking ourselves to task for something said or done in the past, we should seek to measure ourselves by the standard of perfection. Instead of criticizing, praise. Instead of looking at shortcomings, see perfection. This is the way of Spirit. This is the constructing, inspiring, and healing truth of Spirit, and those who know its secrets are inspired and lifted up. They rise above condemnation and abide on the heights.

When he giveth quietness, who then can condemn?—*Job 34:29.*

SUNDAY, DECEMBER 8

Today's All-Inspiring Word: *The love of God in me has cast out all personal bitterness and hate, and I am kind and loving to all persons.*

THE NATURAL state of man is a state of love. In the ideal, man is kind and loving. He is the outer manifestation, the working, of the Spirit of love. When he thinks contrary to Truth, man thinks thoughts that impel him to act contrary to love. He then beholds other persons as separated from him by the barrier of hate and bitterness.

In trying to get rid of your enemies, cease to think of them as such. Rise out of personal consciousness. Instead of trying to remove hate from their hearts, try to establish love in yourself.

When we are prompted by love, we always know what to do in our relations with others. The person directed by love always acts from the standpoint of love. He cannot do anything that will harm himself or others.

If your personal relations are not pleasant, rise out of personal consciousness and deal with other persons through the consciousness of love. Let love dissolve all misunderstanding and erase all bitterness. Let love do its healing work and perform its miracles.

Love one another; even as I have loved you. —*John 13:34.*

MONDAY, DECEMBER 9

Today's All-Inspiring Word: *I abide in heaven here and now—heaven, the fulfillment of all my aspirations.*

CEASE to think of heaven as something apart from your life or as existing in some other world or at some other time. Heaven is the harmonious state revealed when man perceives the Truth of God. This state will be found whenever and wherever man looks for it, if his thought be directed Godward.

Cease to think of hell as a reality. Hell is but the state produced when man does not know the truth about heaven. Hell is the wilderness in which man is plunged until he sees and accepts the light of heaven. Hell is the composite of evil, hate, fear, and disease, and exists only for him who does not know the Truth of God and does not acknowledge Him in His heaven.

In the heavenly consciousness we perceive heaven in reality. We know that the heavenly world is now coming into manifestation as men perceive more and more clearly the truth about heaven. God has eternally dwelt in heaven and, in the sight of God, we too are citizens of the heavenly realm.

Would you draw closer to heaven? Then aspire heavenward, Godward.

Our citizenship is in heaven.—*Phil. 3:20.*

TUESDAY, DECEMBER 10

Today's All-Inspiring Word: *The peace of God pervades all my thoughts, and my whole body and my whole world are filled with peace.*

THINK OFTEN of peace. Think of it as stilling every turmoil, quieting all confusion, and establishing itself as God's will on the earth. To think thoughts contrary to peace destroys peace and harmony. The peaceful thought has power to adjust and to harmonize any situation. When the peace of God becomes established in mind, body, and affairs we know the oneness of peace that pervades God's perfect world.

Mental peace is the basis of all peaceful conditions. Every thought that opposes peace must be given up in order that one may behold the peace of God. Every belief that is contrary to divine harmony must be sacrificed on the altar of Truth. We do this in order to assure ourselves that nothing can affect our peace.

When mental peace is established, peace pervades the physical body. Every cell and every nerve becomes at peace. There can be no nervous strain in the presence of peace. There can be no physical inharmonies in the peace of God.

The work of righteousness shall be peace; and the effect of righteousness, quietness and confidence for ever.—*Isa. 32:17.*

WEDNESDAY, DECEMBER 11

Today's All-Inspiring Word: *The Spirit of wisdom reveals to me my path in life—a path of peace and success.*

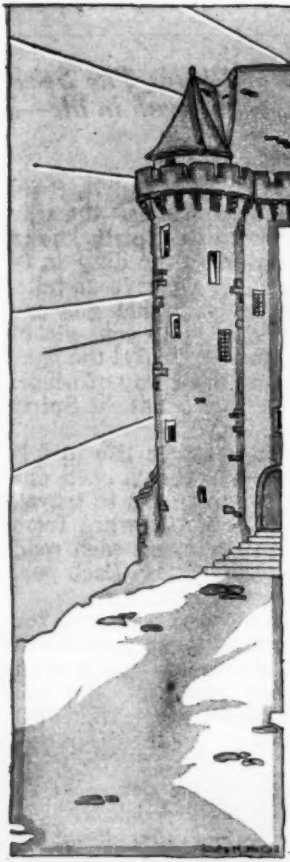
IF WE follow the path of Spirit, there is but one road ahead of us—the way of peace and success. Spirit knows but the one way, and our duty is to know the road that Spirit would have us take.

Go forward. Each day feel that you are stepping higher and higher. Keep your vision directed forward and upward. Travel the path that leads to the heights. Go the way of peace, success, and plenty. Be assured that the Spirit of God is with you at all times.

Each one of us has his path in life to follow. In the great universal scheme each one has his place, his life work, his road to travel. While each one's road differs somewhat from the roads that others must take, yet each road must conform to the spiritual path. Each person must go the way of Spirit.

Your path in life is now mapped out for you. There are no uncertainties or indecisions on this path. You will find wisdom, joy, and prosperity attending you wherever you go. Only when you fail to hold the high vision will your path seem obscured.

Jehovah knoweth the way of the righteous;
But the way of the wicked shall perish.
—*Psalms 1:6.*



GOD IN YOU TH

God in you, the go and
For the God that in ou li
Like a tower of str th v
The Eternal One is on,

God in you—eterna true
Let Him for you e bat
Let no fear your m l dis
God in you is help you

God in you, so go nd t
Even though the ngs
You will see Him n be
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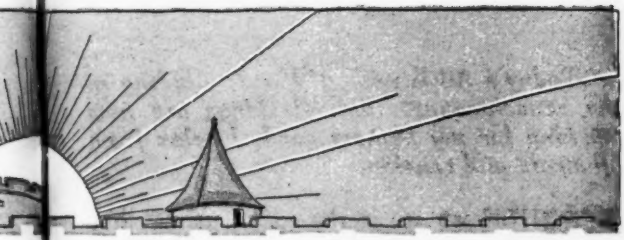

OU THE GOOD AND TRUE

ne g and true, will never make retreat,
hat i ou lives can never know defeat;
of st gth within you, God can never fall;
One l s on, is always all-in-all.

eter true—will e'er remain, exist;
ou e battle win, and every foe resist;
our n l distress or worry cross your brow;
help you, adjusting all things now.

o g nd true, must evermore prevail,
the gs without you seem to harm, assail;
Him n before the sun sinks in the west,
ght n to Him and know that He knows best.

THURSDAY, DECEMBER 12

Today's All-Inspiring Word: ***Abiding in the consciousness that all things are now working for my highest good, I relax from all strain and tension.***

WHEN we are in the consciousness that all is well, there can be no element that would cause us to be tense. Consequently, in order to free ourselves from worry and strain, we must give up any belief that would cause worry, and we must relax in the knowledge that all things are now working for our highest good.

Man was not created to worry; consequently, every thought that produces worry is a thought against man's higher being, against his well-being. Every thought of worry is a thought contrary to God's will. Every belief that things of the outer world can engulf us is disloyal to the truth of Spirit.

Abiding in the secret place of God within us, we are protected from those things that would cause us to worry. In Spirit there is neither tension nor strain. Those who live in Spirit live in a world in which they can relax from mental and physical tension.

He that dwelleth in the secret place of the Most High
Shall abide under the shadow of the Almighty.
—*Psalms 91:1.*

FRIDAY, DECEMBER 13

Today's All-Inspiring Word: *The law of Spirit delivers me from every so-called adverse law, and my world is governed solely by the law of Christ—the law of good, life, love, and plenty.*

ARE YOU under race beliefs and man-made laws that limit you to disease and lack? Have you made laws for yourself that keep you from knowing the one universal law of Truth—Spirit's law of peace, health, and plenty?

The law of Spirit revealed by a study of Christian Truth is mighty to set you free from every law that you have imposed upon yourself. Spirit's law is a law of freedom, a law whereby you express the good that is within you, a law under whose rule you must develop spiritually.

The law of Spirit is the principle of Truth. God, divine principle, is the foundation of spiritual law. This law is principle in action. When you understand the perfect working of the law, then God, as principle, is working within and for you.

Remember that in Truth man cannot come to harm. In Truth man is always proceeding higher and higher, even though for a time his progress may be hidden. Give up the habit of making adverse laws, but declare that you are under one law, the law of good.

The law is truth.—*Psalms 119:142.*

SATURDAY, DECEMBER 14

Today's All-Inspiring Word: *I am delivered from every adverse experience because I know that God, my deliverer, is always with me.*

WE NEED not experience adversity or dwell in adverse situations when we know the truth that God is always with us. If our attention be centered upon God instead of upon that from which we seek deliverance, we find that we are working with the very power that brings deliverance. We are uniting ourselves with spiritual forces, with the power of God.

When you want deliverance from some calamity, some unexpected claim of adversity, what do you do? Do you concentrate upon the awfulness of the situation, thereby magnifying its so-called power? Do you think of yourself as alone—without any helper, without any way of deliverance? If you do, you are denying your salvation and pushing yourself farther and farther away from your deliverer.

The secret of finding deliverance lies in losing sight of the adverse claim and in realizing the omnipresence and omnipotence of God's power. By drawing nearer and nearer to God, we feel that He, too, is drawing nearer and nearer to us.

Whoso walketh uprightly shall be delivered. —*Prov. 28:18.*

SUNDAY, DECEMBER 15

Today's All-Inspiring Word: *In all my dealings with others I am just and considerate.*

IN DEALING with others we need to be impersonal. We need to be free from the thought that we ourselves are dealing with this or that personality, and to know what is the will of God for the individuals who are under consideration. In this way we rise above personality and are not inclined to be personally swayed for or against the persons with whom we are dealing. Knowing the will of God for this person, we know God's good will for all men.

God's justice is never withheld from man and, consequently, we should not try to stand unjustly between God and another. We should not attempt to mete out injustice, but should be content to see God's justice manifest.

The justice of God appears when we rise to the knowledge that in God's world there can be no injustice; only that which is good and just can appear. This absolute position must be taken in order to make ourselves channels for the appearance of divine justice.

Forgiveness paves the way to justice. Every fault and misdeed must be dropped from mind in order that perfect justice may appear.

As ye would that men should do to you, do ye also to them likewise.—*Luke 6:31.*

MONDAY, DECEMBER 16

Today's All-Inspiring Word: *In the understanding that in Spirit there is no time, I am freed from all tendency to live in the yesterdays or the tomorrows. I live in the eternal now of Spirit.*

OUR TRYING to live in the past or in the future causes us to try to live in some time other than the eternal now of Spirit. Our thinking of unpleasant situations of the past or our putting off our good until tomorrow causes us to lose sight of the blessings due to us today. To live in any time but the eternal now of Spirit is but to live apart from the joys of the Lord.

Do you look for tomorrow to bring you more blessings than today brings to you? Do you think of yourself as coming into greater blessings at some future time or in some other place than you are able to receive now and here? Learn of the timeless time of Spirit. Convince yourself of the truth of the eternal now.

What is the best time to make your demonstration of health or prosperity? Now! The Truth about your life and your supply is as true and as powerful now as it ever will be. Any delay in the manifestation of this truth will but depend upon the degree of your consciousness of it. If you can realize that your demonstration is made now, it will be made now.

Come; for *all* things are now ready.—*Luke 14:17.*

TUESDAY, DECEMBER 17

Today's All-Inspiring Word: *My consciousness of eternal springs of youth within me sets me free from all belief in age, and I am eternally young.*

TO HOLD crystallizing beliefs causes one to become crystallized in one's physical organism. The person who becomes mentally stagnant becomes physically stagnant. He who holds old and useless beliefs in mind finds them externalizing and objectifying as age in his body.

In the world of Spirit, there is no age. Spirit is eternally new, eternally renewing and regenerating all things. If we would rise above the belief in age we must establish ourselves in the consciousness of youth. We must live in the eternal life and youth of Spirit.

Many persons grow old because they let life become monotonous to them. Every day they think the same thoughts and do things in the same way. They need the vitality and freshness of new ideas. They need the dynamic force generated by new thoughts.

Our meditating upon the youth of Spirit within us causes us to find youth and to retain it. We enter into the joy and freshness of life that know no defeat. We become alive with the youth of spiritual power within us.

So that thy youth is renewed like the eagle. —*Psalms 103:5.*

WEDNESDAY, DECEMBER 18

Today's All-Inspiring Word: *I do not think of my body as susceptible to weakness or disease. My body is the temple of the living God, radiant with His presence of health.*

REMOVE from your body any stigma placed upon it that will bind it to weakness and disease. Cease to think of it as something infested with germs or ill health. Know it as it exists in Spirit. See it as the temple of God.

Remember that God, the Spirit of life and health, lives in your body. At the center of your being is this presence of health and strength. As you realize the truth about your body you will find that it will lose all grossness; it will become light and radiant with health, even as it is now in Spirit.

Knowing that the body is the temple of God, we have more respect for it. We take precaution that we do not think thoughts that will produce disease in it. Instead of condemning it to disease and weakness, we bless it that health and strength may appear.

As the temple of God, the body pictures forth our consciousness of life in God. We see objectified in the body the powerful thoughts of health and life that we have held in consciousness.

He spake of the temple of his body.—*John 2:21.*

THURSDAY, DECEMBER 19

Today's All-Inspiring Word: *Christ, the living word, quickens and illumines me.*

This statement is the Silent Unity illumination word to be used from December 20 to January 19.

THE LIVING and quickening word of Christ, the Truth, is the power and authority of Truth executed by the mind of Spirit. The word is the divine fiat. Issuing from the mind of Truth, it enters our own minds and causes Truth to be established there.

The word of God active in us prompts us with inspiration, revelation, illumination. The word is like a beam of sunshine from the heart of the sun to a darkened corner. It flashes with light and bears the glory of the Lord.

Truth is illuminating. After we perceive Truth we can give no place to ignorance or falsehood. When we know the truth about anything we cannot at the same time hold in mind an untrue belief regarding it. We can see that in dealing with false beliefs our remedy must be Truth. Knowing Truth, we are lifted out of ignorance and superstition.

We blend our minds with the mind of Truth, the Christ consciousness, when we accept Truth as our own. We become conscious that there is nothing but Christ, nothing but Truth.

Quicken me in thy righteousness.—*Psalms 119:40.*

FRIDAY, DECEMBER 20

Today's All-Inspiring Word: ***The Spirit that quickened Jesus quickens me, and I am healed.***

This statement is the Silent Unity healing word to be used from December 20 to January 19.

THE SPIRIT of Christ that quickened the man Jesus is the same Spirit that quickens all those who turn to the Christ consciousness for healing. In this realization any one can find life and strength and health. Those who turn to the presence of Christ within them are quickened of the Spirit of healing. They feel the presence of health and know that Christ is their health, their life, their strength.

If you would be healed, direct your attention within to the very heart of your being. Sense the presence of Christ. Feel the quickening of Spirit. Realize that the life of Spirit within you is your own life, and that Spirit lives and that you live.

The quickening of Spirit becomes, to you, a feeling and a realization that within you are life and healing from some power other than your own. You feel that this power extends into the very center of your being and into the very storehouse of God's unlimited power.

Thou didst find a quickening of thy strength; therefore thou wast not faint.—*Isa. 57:10.*

SATURDAY, DECEMBER 21

Today's All-Inspiring Word: *The Spirit that multiplied the loaves and fishes for Jesus Christ increases my substance, and I manifest prosperity.*

This statement is the Silent Unity prosperity word to be used from December 20 to January 19.

THE SAME power that created us and brought us into the world is mighty to sustain and to nourish us. The power that needs us in working out its own great universal plan is mighty to provide for all our necessities.

Jesus, abiding in the Christ consciousness, had power to multiply and to increase substance. This power is also ours when we turn in thought to Christ, knowing the omnipresence of substance in Truth.

As our spiritual thought moves over substance it is multiplied and increased. Our thought reveals to us substance in ever increasing abundance. While substance seems to have been multiplied, in absolute truth we know that we have but more clearly perceived its presence.

We are provided for in the form most adaptable to our needs. Spirit provides us with food, money, clothing, and shelter as these are required.

Give us this day our supersubstantial bread. —*Matt. 6:11 (Catholic version).*

SUNDAY, DECEMBER 22

Today's All-Inspiring Word: *I am the child of God, created in His perfection, heir to all that the Father has, acknowledged as His son.*

AS CHILDREN of God we have a rich inheritance. We inherit health, plenty, and perfection from God, our heavenly Father. The perfection of the Father is inherent in us, His sons.

In this connection the word "sons" is used in a generic sense and includes both sons and daughters. The word "sons" in the Bible is usually considered in the sense of adults in place of the word "children," the latter word being usually associated with younger members of God's great family.

Those who have thoughts of themselves as children of sin must rise out of such darkened beliefs. They must behold themselves as they are seen in God and must allow themselves to be acknowledged as His true sons.

Jesus Christ was the only begotten Son, the one type of perfection. Those who claim Him for their brother and God for their Father are conscious of their own place in the great universal brotherhood.

The Spirit himself beareth witness with our spirit, that we are children of God: and if children, then heirs; heirs of God, and joint-heirs with Christ.—*Rom. 8:16.*

MONDAY, DECEMBER 23

Today's All-Inspiring Word: *I am never separated from the abundant, deathless life of Spirit within me. I have eternal life in Spirit.*

WITHIN US is the bountiful, eternal life of Spirit. Nothing can separate us from God and His life but our own ignorance or failure to lay hold of it. There is no power that can keep us separated from the life of Spirit when we know the truth that we are joined eternally with it.

Why do men die? Because they believe in cessation of life. They believe in a separation from the life of God. They spend a lifetime in believing that a time of separation will come and, seemingly, look forward expectantly to the fulfillment of their prophecy.

Modern scientists find no reason for death if the mental and physical life is kept healthy. They find no necessity for men to separate themselves from life and health. In their cold and matter-of-fact observations, these men of science have taken a step ahead of those theologians who have made God, the author of life, responsible for the phenomenon of death.

To demonstrate life our attention must be directed away from death. To bring forth life we must think of life, and of God as its author.

With thee is the fountain of life.—*Psalms 36:9.*

TUESDAY, DECEMBER 24

Today's All-Inspiring Word: *For all the blessings that are now coming into my life, I give thanks.*

BE GENEROUS in giving thanks. By being appreciative of the good that comes to you, you will open new channels for the inflow of great good. The blessings for which you are thankful will increase and multiply through your appreciation and gratitude.

Many persons consider the showing of gratitude as a mark of servility. If an employee takes the attitude that every favor that his employer shows him is due to him and, therefore, does not merit an expression of thanks, he misses the point. If a person thinks that an increase in prosperity which comes to him is just something that another should give him, he places the whole situation on a personal basis. He shows that he does not recognize and acknowledge the law of thanksgiving and increase.

Blessings come in a scientific way. They come through the working of spiritual law, and we show our gratitude for the law when we give thanks. The blessing that we receive takes second place.

Jehovah hath done great things for us,
Whereof we are glad.

—*Psalms 126:3.*

WEDNESDAY, DECEMBER 25

Today's All-Inspiring Word: ***Christ in me now comes forth as the manifestation of my innate perfection in God.***

THE BIRTH of Jesus and the work of the Christ are of benefit to us solely in their application to ourselves. Unless we relate Jesus' birth to the birth of Christ, Truth, within us, His birth means little to us.

Paul said, "I am again in travail until Christ be formed in you." The forming of the Christ within us is an organizing of the spiritual forces that inspire us to the Christ consciousness and that construct within us the perfect body, the true body of Christ.

Christ within us is a perpetual source of inspiration and light, a wellspring of life and health. Turning to Christ, we turn to the power within us that is mighty to come forth and manifest itself as infinite understanding and boundless health.

Christ in us assures us that the Spirit of God is always with us. Knowing this truth, we can never be alone. We rejoice that, through Christ, God is manifesting in us as life, joy, and radiant glory. "Christ in you, the hope of glory."

They shall call his name Immanuel; which is, being interpreted, God with us.—*Matt. 1:23.*

THURSDAY, DECEMBER 26

Today's All-Inspiring Word: *I rise out of all sadness and depression, because I have found the joy of my innermost being.*

JOY IS positive. It draws many joys to itself. Gloom is negative and attracts a legion of depressive thoughts. Gloom depresses one mentally and physically, just as joy lifts a person up and exalts him to the Christ.

There is but one way to get rid of sadness and gloom: that way is to neutralize these conditions through exercising joy. Turning to the inner springs of joy, we release them and joy pours forth in such a measure that there is no place for gloom and depression.

Possibly the thing that depresses you at any time is something that sometime will prove a source of mirth to you. When you have mastered your gloom it no longer will seem to have you at its mercy. Your deliverance will come speedily when you find the way of joy.

You will find that joy will tend to renew you mentally and physically. Joy will bring a new element into your being and your life will show forth the joy of Spirit now dwelling at the very heart of your existence.

Then will I go unto the altar of God,
Unto God my exceeding joy.
—*Psalms 43:4.*

FRIDAY, DECEMBER 27

Today's All-Inspiring Word: *By giving up limited thoughts and by thinking thoughts of Truth and Spirit, I enter the consciousness of Christ and am mentally and physically regenerated.*

SINCE we are affected by the kind of thoughts that we think, thought plays a great part in our lives. We can see how necessary it is that we think thoughts of Truth.

We should give but little thought to the effect of adverse and evil thoughts. We are not concerned as to the psychological action of thoughts contrary to Truth. If man gives attention to the relation between thought and disease, he well understands how he can produce ill health.

We do know the power of thoughts of love and truth because such thoughts relate us to Spirit—the Spirit of love, life, and truth. Exalted thoughts serve to introduce us to Spirit. The power of Spirit comes back to us over the ladder of spiritual thought that we have erected. We become regenerated and transformed through spiritual thinking because the power of Spirit is mighty literally to transform and renew us.

Be not fashioned according to this world: but be ye transformed by the renewing of your mind. —*Rom. 12:2.*

SATURDAY, DECEMBER 28

Today's All-Inspiring Word: *Every confusion and disorder in my life is now corrected and adjusted, because I realize that divine order is now established in all my world.*

IN GOD'S world divine order reigns supreme. Can we even conceive of disorder in the heavenly realm? Could we think of confusion as having any place in Truth? Do we not naturally think of order as "heaven's first law"?

In changing chaos to order, first get quiet mentally. Get rid of the thoughts that have caused disorder. Do not give disorder any place in your thought or in your world if you do not wish to see it appear.

The consciousness of order will correct and adjust all your affairs and bring them into conformity with the order of Spirit. The realization of your oneness with the very order of Spirit will make your affairs take on a spiritual aspect.

How will you know when order is established? Your mind, your body, and your affairs will express the orderliness, adjustment, and harmony of Spirit. Spirit's work is unmistakable.

To him that ordereth his way *aright*
Will I show the salvation of God.
—*Psalms 50:23.*

SUNDAY, DECEMBER 29

Today's All-Inspiring Word: *I worship and acknowledge but one God—God, the good; God within me; God—my light, my life, my supply.*

DO YOU ever worship false gods? Do you think of evil, fear, hate, and disease as having presence or power, bowing yourself before them? Every belief in any power opposed to God but detracts from the allegiance due to the one true God.

God is sometimes referred to as a jealous god, one exacting exclusive devotion. Could God, the principle of Truth, the one power and presence, do else than expect us to recognize and acknowledge Him alone? Could God be what He is to us if we acknowledged other gods? Has He not given us protection by being a "jealous" god?

If God is within us, nothing else can be there. If God is good, there can in Truth be no evil. If God is really God to us, He is our light, our life, and our supply. When evil would appeal to us and appear as God and power just call it a "false god" and refuse to worship at its shrine. If you know the absolute truth, you cannot worship at the altar of nothingness.

In Truth there is but one God in your life and, worshiping Him, you exalt yourself: God within you.

Thou shalt worship no other god.—*Exod. 34:14.*

MONDAY, DECEMBER 30

Today's All-Inspiring Word: ***Through the unity of Spirit, I am unified with God and with all the good that is inherent in God's perfect creation.***

OUR UNDERSTANDING of Truth reveals to us the oneness back of all creation. We behold the love, the good, the life, and the truth inherent in that which God has created. We see ourselves inseparably joined to God, related to Him in all His ways.

We should discipline ourselves to behold ourselves joined in thought with the very mind of God. We should strive to relate ourselves to His thoughts—thoughts of life, love, and Truth. We should feel the sympathetic bond that unifies all living things, knowing that back of this feeling is the thought of eternal unity.

Beware of any thought that would separate you from God, from life, or from God's creations.

One with God, one with all that He represents and is, one with His life and love, you have power to do mighty works. Nothing is too difficult for your accomplishment. No good thing will He keep from you.

Jehovah said, Behold, they are one people, and they have all one language . . . nothing will be withholden from them, which they purpose to do.—*Gen 11:6.*

TUESDAY, DECEMBER 31

Today's All-Inspiring Word: ***The forgiving power of Christ within me erases from my mind every memory of the misdeeds or shortcomings of myself or others.***

WHAT AN EFFECTIVE word for a good mental house cleaning! What a day for getting rid of old memories of misdeeds, shortcomings, and the myriad beliefs that might hold us in bondage to the past!

The forgiving power of Christ within us clears from our thought every belief in limitation and shortcoming. Measuring up to the high standard of Christly perfection, we lose sight of the fact that we have ever conceived of ourselves or of others as "missing the mark."

Knowing the truth of the eternal now we give up allegiance to the belief that the past can claim us as its own. We prepare ourselves to enter into a new world, a new day, a new life. We get ready to enter into the mental freedom that comes from relieving the mind of false beliefs. We prepare ourselves to enjoy perfect freedom, freedom based upon the understanding that we are free from every self-imposed belief in adversity. We are forgiven, and, purified and renewed, we enter into the presence of God.

Forgive us our sins; for we ourselves also forgive every one that is indebted to us.—*Luke 11:4.*

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